

Wellness Notes

INFLUENZA*

What is Influenza?

Influenza is often referred to as the “flu.” Viruses infecting the nose, throat, and lungs cause influenza. Influenza is highly contagious and is easily transmitted from person to person. The peak of the flu season may occur anywhere from December through March.

How Do I Know if I Have the Flu?

Signs and symptoms of influenza include:

- * Fever
- * Chills
- * Dry Cough
- * Sore Throat
- * Headaches
- * Muscle Aches
- * Extreme Fatigue

What Can You Do?

A yearly flu shot can reduce the chances of getting influenza. Flu shot are available from your local health department or health care provider.

If You Get Influenza, You Should:

- Rest in bed
- Drink plenty of fluids
- Avoid alcohol and tobacco use
- Take non-aspirin medications (for example, Ibuprofen and Tylenol) to relieve fever and discomfort

See Your Health Care Provider If:

- You have symptoms listed above and have had close contact with someone known to have influenza (for example, a family member).
- Your fever continues beyond 3-4 days.
- You are having difficulty breathing.
- Your symptoms continue to worsen after the first week.
- Your symptoms persist beyond 2 weeks.

